

Topic: Switch the point of attack II

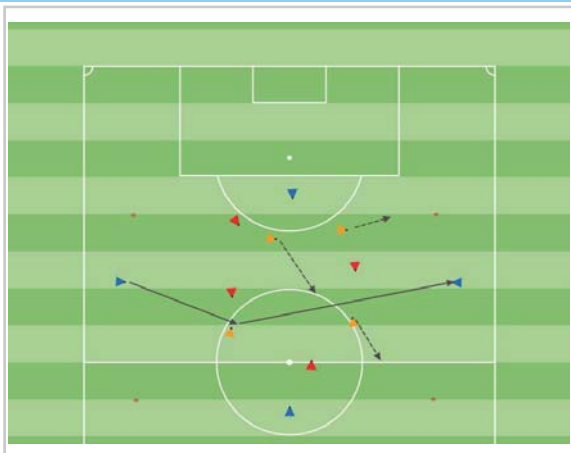
Objective: To bring pressure to one side, creating a numbers advantage on the opposite side and playing to that side

Player Actions: Dribble, Receive, Pass



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



Objective: To switch the ball from one side to the other

Organization:

Setup as shown - three teams of 3 or 4 - two teams in the middle and one on the outside

Outside players are neutral - keep to minimum touches

Score point by going from one side to the other - use back and forward neutral players but no point

Reduce numbers and add neutrals to make it easier - 3v3 +2 as an option

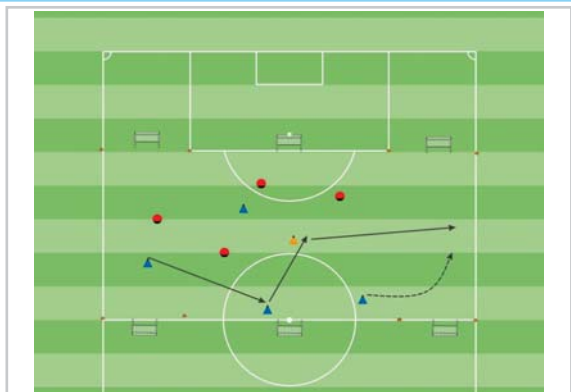
Coaching Points/Guided Questions

Quality of pass!!!

Can we play and receive with the correct foot?

If pressure doesn't allow us to turn, play the way we face.

Can we go faster? Can we get the ball from one side to another with minimal touches



Objective: Switch the point of attack to create space and numbers up on one side

Organization:

Between 18 and half-line

4v4 +1 neutral - Add numbers if space is too large (probably 6v6 +1 at u13 and up)

Outside goals worth more? Up to you. The flank play debate (do we switch to go wide or do we switch to open up central to score there?... in this type of activity). Do we create width for them by adding outside goals?

Coaching Points/Guided Questions

Play quickly when we have pressure on one side - First option is always to go forward with first touch if we can

Play the way you face - Especially CM - Does not have to turn, can play back in order to go wide

Create pressure then go away from it, if we can't go forward. Again, small-short passes to keep possession then go the other way.



Objective: Switch the point of attack to create space and score goals

Organization:

7-10 yards over half way to goal - 3-2-3 vs 1-3-2-1

Balls played in from the 4/5 - does not enter field can be used to switch Offside line and enforced

Coaching Points/Guided Questions

Continue high expectation of pass and receiving quality

Can we play through the flank players, invite pressure, and play out of it?

What happens if we invite pressure to one side? What does the other side look like?

Once we switch it, if we do it quickly, what must we do? Go forward quickly.

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 6v6 - 7v7 (U10) or 7v7-9v9 (U11 and up) - with this session, it would be best to play with wide options in both the back and midfield or forward line. Playing 7v7, a 1-2-3-1 or a 1-3-1-2 would work well within this session. If we can play 9v9, go with a 1-3-2-3 preferably.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4 7v7 9v9 11v11

Moment: When we have the ball

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